



## Commonwealth of Kentucky Energy and Environment Cabinet

Steve Beshear, Governor

Leonard K. Peters, Secretary

FOR IMMEDIATE RELEASE

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### **Kentucky State Nature Preserves Commission to Conduct Wildflower Hike at Tom Dorman preserve** *Pre-register by April 25*

**FRANKFORT, Ky.** (April 21, 2014) – Come join Ecologist Brian Yahn of the Kentucky State Nature Preserves Commission (KSNPC) as he leads a wildflower hike through the Tom Dorman State Nature Preserve in Garrard County. The hike takes place Saturday, April 26, beginning at 9:30 a.m. and lasting approximately two to three hours.

Located 10 miles south of Nicholasville, this 908-acre preserve is rich in wildflowers and has spectacular 220-foot palisades along the Kentucky River. The two-mile loop is rated as moderately difficult, with hills and steps. Please bring water, wear clothing appropriate for the weather and sturdy hiking boots.

Pre-registration is required (minimum of seven participants, maximum of 15) and vacancies will fill up quickly. **Please contact the KSNPC office at 502-573-2886 or via email: [naturepreserves@ky.gov](mailto:naturepreserves@ky.gov) no later than 3:00 p.m., Friday, April 25, to reserve your spot.** There is no cost associated with this event.

The Kentucky State Nature Preserves Commission participates in an international network of programs that monitor biodiversity. The 1976 Kentucky legislature created the commission to protect the best remaining natural areas in the state, not only to preserve our natural heritage, but also in recognition of the dependence of our well-being on healthy ecosystems.

To learn more about KSNPC, please visit our website at: <http://naturepreserves.ky.gov> or our Facebook page: <https://www.facebook.com/ksnpc>.

Promoting physical activity is part of Gov. Beshear's efforts to improve the health of all Kentuckians. The governor launched kyhealthnow last month as an aggressive and wide-ranging initiative to significantly reduce incidence and deaths from Kentucky's dismal health rankings and habits. It builds on Kentucky's successful implementation of health care reform and uses multiple strategies, like reducing cardiovascular deaths by 10 percent, over the next several years to improve the state's collective health.

**Directions to Tom Dorman SNP:** From Nicholasville, follow Rt. 27 south for approximately nine miles. After crossing the Kentucky River into Garrard County, continue for an additional 1 1/4 miles. Turn right on Rt. 1845 and follow for one mile. Take the next right. Follow this road (straight, do not bear left) for approximately 3/4 mile. Park in the gravel parking lot at the end of the road.

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